

DINNERLY



Curried Pork Fried Rice with Green Beans and Yoghurt



25 minutes



2 Servings

This Indian-inspired meal is ready in a flash. We've flavoured juicy pork with mild curry spices, stir-fried a rainbow of veggies and then tumbled them through a fragrant fried rice.

WHAT WE SEND

- 150g jasmine rice
- 150g green beans
- 1 red capsicum
- pork mince
- 10g vadouvan curry powder ¹⁷
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tbs tomato sauce
- 2 tsp soy sauce ⁶
- 2 tsp white vinegar

TOOLS

- small saucepan with lid
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 655kcal, Fat 28.4g, Carbs 78.4g,
Proteins 40.8g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Meanwhile, trim the **beans** and halve on an angle. Thinly slice the **capsicum**. Crush or finely chop **2 garlic cloves**. Heat **2 tsp vegetable oil** in a medium deep frypan over high heat. Cook the **pork mince**, breaking up the lumps with a spoon, for 3-4 mins until browned.



3. Cook curried pork

Reduce the heat to medium, add **half the curry powder** and **half the garlic** to the pork, then cook for 1 min or until fragrant. Stir in **1 tbs tomato sauce, 2 tsp soy sauce, 2 tsp white vinegar** and **125ml (½ cup) water**. Cook for 3-4 mins until the sauce is slightly thickened. Remove from the pan and keep warm.



4. Stir-fry veggies

Heat **2 tsp vegetable oil** in the same pan over medium-high heat. Stir-fry the **beans** and **capsicum** for 2-3 mins until tender but still with crunch. Add the **remaining curry powder** and **remaining garlic** and stir-fry for 30 secs or until fragrant. Add the **rice** and stir-fry for 2-3 mins until coated and warmed through. Remove the pan from the heat.



5. Serve up

Divide the **fried rice** among bowls. Top with the **curried pork**, drizzle with the **yoghurt** and enjoy!



6. Did you know?

A type of curry powder, vadouvan (pronounced vah-doo-vahn) originated in the French colonised area of Pondicherry in southeast India. It's milder and slightly sweeter than most Indian curry powders.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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